

SKILLS Flexible Scheduling For Client Sessions Sales Techniques 7 Stress Management Techniques 10 Mindfulness Practices Marketing Skills 10 Social Media Promotion 10



Martial Arts

Community Service

👺 Blogging

STRENGTHS

Patience A Perseverance

Planning

Positivity

LANGUAGES





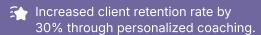


English

Swahili

Spanish

ACHIEVEMENTS



Developed a successful weight loss program that resulted in clients losing an average of 10 pounds in 8 weeks.

MIA TAYLOR

Freelance Personal Trainer

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PROFESSIONAL SUMMARY

Enthusiastic Freelance Personal Trainer with 2 years of experience in creating customized fitness and nutrition plans. Adept at fostering client motivation and ensuring safety during workouts. Committed to tracking progress and adapting strategies to help clients achieve their health goals. Excited to empower individuals on their journey to a healthier lifestyle.

WORK EXPERIENCE

Freelance Personal Trainer

Feb / 2024-Ongoing

Seaside Innovations

耳 Santa Monica, CA

- 1. Evaluated clients' fitness levels and health conditions to tailor programs.
- 2. Designed individualized exercise regimens based on client goals.
- 3. Provided detailed explanations of exercises and offered modifications as needed.
- 4. Monitored and documented client progress, adjusting plans accordingly.
- 5. Educated clients on safe and effective use of gym equipment.
- 6. Led both individual and group training sessions to cultivate a supportive environment.
- 7. Develop personalized fitness programs tailored to individual client goals and needs.

Freelance Personal Trainer

m Feb / 2023-Feb / 2024

Silver Lake Enterprises

耳 Seattle, WA

- 1. Communicated professionally with clients through various channels.
- 2. Responded promptly to client inquiries via email and phone.
- 3. Ensured high standards of customer service and satisfaction.
- 4. Reported any liability issues immediately and accurately.
- 5. Conducted personal workouts and skill development training for clients of all ages.
- 6. Facilitated a weights training program tailored for sports-specific and weight loss clients.

🔛 EDUCATION

Bachelor of Science in Kinesiology

Feb / 2022-Feb / 2023

University of Health Sciences

♣ Phoenix, AZ

Focused on exercise science, nutrition, and health promotion.

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